

Hello and thank you for your interest in Westman Mental Wellness and Suicide Prevention Association (WMW-SPA). We believe that together we can make a difference and enhance mental wellness and suicide prevention in Westman. Please read through the following, complete an application and forward it for our committee to review. Let's get started!

About Our Funding Opportunities

What is a WMW-SPA Projects Grant?

Funds are raised by community volunteers and administered by the WMW-SPA Board of Directors. We support projects to enhance mental wellness, suicide prevention and education in Westman.

The purpose of the grant is to support small projects that bring awareness and respond to community needs around mental wellness and suicide. Funds are provided to local groups that require modest short-term project funding up to a maximum of \$2,500.

Priorities of WMW-SPA

OUR MISSION: Educate and create awareness surrounding mental wellness and suicide

OUR VISION: Save lives by advocating for mental wellness

OUR FOCUS:

- Primary Prevention: education to increase understanding of mental wellness and to identify risk factors for suicide ideation
- Intervention: to prevent suicide
- Postvention: to support individuals who have been affected by suicide

Eligibility Requirements:

Successful applications will show how their project may achieve the following results:

- Directly benefit the citizens of Westman
- Build on the strength and skills of people and communities in order to identify priorities and achieve their goals
- Promote healthy lifestyles to foster mental wellness
- Ensure activities do not conflict with the Manitoba guidelines in *Suicide Prevention: Guideline for Public Awareness and Education Activities*. This publication can be found at www.gov.mb.ca
- Not duplicate existing services
- Demonstrate inclusiveness and respect for diversity
- Encourage community partnerships in order that the project can carry on following limited time support from WMW-SPA



Formal Requirements:

To apply for funding, please submit the following:

- Funding Application [this is available on our website westmanwellness.com or from one of our Board Members]
- Projected Income and Expense Financial Statement [we can supply you with a template upon request]

If your application is successful, you will be provided with a Finalized Project Reporting Package to be completed upon your event/project conclusion.

Sorry, we cannot fund:

- Religious based activities
- Politically oriented requests
- Retroactive funding
- Fundraising events
- Replacement and/or duplication of operational funding
- Year-end program/community celebrations
- Budget deficits
- Major equipment
- Individuals for personal gain/certification that does not benefit the community at large
- Compensation in the event of a traumatic experience

Application Deadline:

While there is no formal deadline the application process typically takes four to six weeks.

Funding Approval:

- Funding will be dependent on the availability of funds, criteria met in relation to local community needs and relevance to WMW-SPA priorities
- Approval will be based on the merits of the application
- Applicant will be notified in writing of the Board's decision
- Projects previously supported by WMW-SPA are subject to receipt and review of your completed project's Finalized Project Reporting.

Tell us about you!

To help us get to know more about you and your plan to help others, please forward your completed funding application package to:

- PO Box 1226 Souris, MB R0K 2C0
- westmanwellness@gmail.com
- or contact one of our Board Members for more information

